



SNOWDON MOONLIGHT HIKE

5 August 2017

Final Event Information



Action Challenge organises this Moonlight Hike on behalf of Macmillan Cancer Support.

The 2017 Snowdon Moonlight Hike is now just four weeks away, and we hope that you are well under way with your training, fundraising and overall preparation. To help you make those final plans and to get a better idea of what to expect on the night we have put together this guide. Please read it carefully and make a note of the key timings and any action that is required from you.

KEY PRE-EVENT INFORMATION

E-Tickets & Parking Ticket

10 Days before the hike, we will email your E-Ticket confirming any parking and transport bookings. Please bring this to registration (either printed or on your phone) as you will need it to collect your Event Pack. If you have booked parking, you will also receive a ticket to print off and display in your windscreen.

If you have **NOT** received the E-Ticket by **6pm** on **27 July** (check your junk mail first) please contact the Macmillan Hiking Team.

Kit list & kit check:

It is imperative that you read and understand the KIT LIST (detailed at the end of this document) and ensure that you have all essential items. Please keep an eye on the weather and sense check your packing according to the forecast. Failure to have appropriate footwear or outerwear may result in you not being allowed to start.

TRAVELLING TO THE START

Location

The start of the Challenge is at **Camping in Llanberis, Ceunant Street, Caernarfon, LL55 4SR**.

To view a map of the start location, please [CLICK HERE >>](#)

Parking

Car parking will be available at the **Royal Victoria Hotel, Lower Car Park, Llanberis, LL55 4TY** for those who have booked it. Please note that this is not the car park next to the hotel so please follow signage once you get close. A complimentary shuttle service will run regularly from 6.30pm to the start venue. Confirmation of your booking will be shown on your E-Ticket. Parking is at your own risk and we advise you to lock any valuables in the boot of your car.

To view a map of the parking location, please [CLICK HERE>>](#)

Drop-Off

There will be drop-off facilities at **Camping in Llanberis, Ceunant Street, Caernarfon, L55 4SR**. Please note this is strictly drop-off and not short-stay parking.

Trains

We recommend you get a train to Llandudno Junction where we will run a complimentary bus service to the start venue in Llanberis. Please meet outside the rail station at 8.45pm for a 9pm departure. The journey will take around 40 minutes. The bus service will return to Llandudno Junction by 11am on Sunday morning. However, please note that the timing of the return bus will be dependent on finishing times and/or travel delays so please book flexible tickets for onward travel.

BOOK YOUR PARKING OR BUS SERVICE

If you haven't already done so, please [CLICK HERE>>](#) to make your booking. Please ensure you complete the booking form by **Sunday 23 July 2017**. Please note after this date, you will not be able to book car parking or the shuttle bus back to Llandudno Junction.

ON THE DAY

Schedule

- **6.30pm** Shuttles from Royal Victoria Hotel in operation
- **7.00pm** Registration opens at Camping in Llanberis start venue
- **8.00pm – 9.00pm** Optional evening hike to stretch your legs & meet the Mountain Leader team
- **9.00pm** Coach departure from Llandudno Junction Rail Station
- **9.30pm – 11.30pm** Dinner served
- **10.30pm** Registration closes. Please arrive before this time
- **11.30pm** Group 1 Start (inexperienced/slower pace)
- **12.00** Group 2 Start (moderate pace)
- **12.30pm** Group 3 Start (experienced/faster pace)
- **3.00am – 5.00am** Walkers reach the summit
- **5.45am – 6.00am** First walkers expected to finish
- **9.30am** Final walkers expected to finish
- **6.30am** Coach service to Llandudno Junction Rail Station in operation

IMPORTANT – Paced Groups and self-selection

There will be 500 of you taking on the climb and to ensure that everyone has the best shot at reaching the summit as safely as possible, you will set off at three different times based upon your anticipated pace and experience. It is important that you are honest with yourself about your pace and you set off in the right group. **You will be asked at Registration which pace group you consider most suitable.**

Registration

Registration is inside the marquee at Camping in Llanberis and will open from 7.00pm. Please do not arrive any earlier.

- Please present your **E-TICKET** at Registration and collect your **EVENT PACK** (event pass/timing chip, route map, lanyard, bib and safety pins) together with a route card and hi-viz armband
- If applicable, please complete any serious medical conditions on the reverse of your bib number OR any pre-existing medical conditions and/or allergies which you haven't already told us about, including the names of any medications you are taking and the dosage.

Baggage Drop

There will be storage available for any bags you don't take on the climb.

Kit Check

Before you set off, you will need to show that you have the following compulsory items to be able to take part in the hike:

- A working head torch
- Suitable footwear (walking/hiking boots or shoes)
- Waterproofs
- Water bottles or Camelbak for at least 2L of water

Food & Snacks

Tea & coffee will be provided from 7pm with a hot evening meal served between 9.30pm and 11.30pm. On your return on Sunday morning, a hot breakfast will await you. All dietary requirements will be catered for if you have let us know in advance and both dinner and breakfast will be nutritious, plentiful and varied. If there are some snacks that just 'work' for you we recommend bringing some along with you however don't overload your bags as there will be a selection of snacks available to take with you on the climb.

Whilst water will be available at the start to fill up your water bottles, please bring 2 litres of water with you.

Supporters at the start venue

Unfortunately, we don't have any reserved parking available for supporters at the Royal Victoria Hotel and there is no parking at the start venue. Due to the nature of the event and its location, if anyone is planning to come and cheer you off, they will need to make their own way to the start on foot or by taxi.

THE ROUTE

The course

The climb and descent follows the Llanberis Path. We reach the summit of Snowdon at 1,085 metres.

GPX files

You can download the route's GPX files for GPS devices (such as Garmin) via the Outdoors GPS website.

[CLICK HERE>>](#)

Select the 'Download GPX' icon from the toolbar on the bottom right of the map & save to your device.



OS Locate App (pin-points your location)

This free app from Ordnance Survey converts GPS readings from your phone into a grid reference enabling you to determine your location. All participants should download the app in case of an emergency.

Download now for [Iphone>>](#) or [Android>>](#)

- Use to communicate your location to our Control Room if you are lost or need assistance
- Open the app where your location is marked by the Longitude (number) and Latitude (number)
- Use the left-hand share widget to text us your location or write it down and call the Control Room

GROUPS & TIMINGS

Group management & etiquette

The three starts at 11.30pm, 12midnight and 12.30am will be contain between 100 and 250 people. After about a mile into the hike, each group will be met by a team of Mountain Leaders and you will fall into smaller groups of about 30 people of similar pace. Each group of 30 will be led by a qualified Mountain Leader who will ensure that you are with your group for the duration of the climb. However, if you wish to drop back to walk with a slightly slower group, or move ahead into a faster paced group the Mountain Leaders will work together to make this possible.

Faster paced groups may need to pass you on the route so please be aware and move to the side of the path so that everyone can stay within their groups. Be aware of the groups around you and who your dedicated Mountain Leader is.

Estimated timings & summit turnaround times

We anticipate that the faster paced groups will begin to reach the summit from 3am onwards with the final groups around 5am. It may be necessary to implement a turnaround time for those who are not on track to reach the summit between these times but you will be informed of this during the briefing prior to the start.

SAFETY & SUPPORT

Important Phone Numbers

Throughout the event there will be a **Control Team** in operation. Please save these important numbers on your phone prior to the event.

- **EMERGENCY NUMBER: 07946 756 773**
- **NON-EMERGENCY NUMBER: 07425 623 707**
- **LIFE THREATENING INCIDENTS: CALL 999 IMMEDIATELY** then follow up with the Emergency Number

Route support

The Control Team is manned by our management and medical response coordinators. You will be able to contact the Control Team at any time throughout the Challenge in emergencies or if you want advice or help.

All Mountain Leaders will be in constant radio contact with each other and the Control Base at the foot of the mountain where medical teams and event management will be stationed.

All Mountain Leaders are highly qualified and experienced at leading groups on mountains, both in the UK and overseas. Many are first aid trained (and more) and work for the Mountain Rescue Service. Their experience and position on the climb should be respected at all times.

Descending

If you wish to descend from the mountain because you don't want to continue, you must inform your Mountain Leader. They will then arrange for your safe descent down the mountain where you will be met by other event staff. Please do not exit the challenge without letting us know, as we could waste vital resources searching for you.

Contingency planning & communication

Severe weather is the main concern for any outdoor event in a remote area, especially one which is being organised on a high mountain. If we consider the weather may cause a problem we will email and/or text you in the days before the hike to flag any specific issues or changes. On high mountains the weather can turn quickly and dramatically so we will be monitoring the weather systems in the days leading up to, and on the night of the climb. Should the weather conditions deteriorate just prior to or during the night, the summit may be unreachable and it may be necessary to substitute an alternative low land hike. This is at the discretion of the Organisers and Qualified Mountain Leader Team.

FINISH LINE AND DEPARTING THE CHALLENGE

The finish line

As you cross the finish line you'll receive a medal, a glass of fizz and a big warm welcome! In the marquee, there will be a hot breakfast, space to rest and tea & coffee for a bit of a boost.

Shuttle buses to either the car park or Llandudno Junction Rail Station will depart at regular intervals.

WHAT TO EXPECT NEXT

E-Ticket

You will be sent a Confirmation E-Ticket 10 days before the event. Please look out for it in your inbox and bring with you to registration. If you have booked parking, you will also receive a ticket to print off and display in your windscreen.

RECOMMENDED KIT LIST

Please follow weather reports the week before the event and choose from the list below for what to wear and what to bring with you. You must wear clothing appropriate for outdoor hiking and changeable conditions. If Action Challenge and / or the Mountain Leader Team deem your kit and clothing to be inappropriate for the challenge you may be refused participation. Please come prepared.

Essential Kit Items

- Waterproof hiking boots - fully broken in
- 2 pairs of walking socks
- Waterproof style jacket with hood
- 20 to 30 litre rucksack with waterproof cover / bin liners inside (if wet)
- Light trekking trousers
- Micro fleece top for layering
- Trekking t-shirts / base layer / breathable or wicking top
- Platypus / Camelback / x2 1L Water bottle
- Head Torch with spare batteries
- Mobile Phone fully charged
- Credit card / cash

Weather dependant kit

- Waterproof trekking trousers (if raining)
- Warm hat
- A bandana / buff or scarf

Suggested items

- Trekking poles
- Camera
- First Aid / Medical Items / Pain killers
- Blister kit (including Compeed, plasters and antiseptic cream)
- Insect repellent
- Rehydration sachets
- Hand Sanitizer
- Lip Balm